



# HOME DRESSMAKING

# 98 Out of Every 100 Women Benefited

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## Extraordinary Results Important to Every Woman

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Over Quarter of a Million Favorable Reports  
from Women Purchasers of Lydia E.  
Pinkham's Vegetable Compound.

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A circular is now enclosed with each bottle of our medicine asking "Have you received benefit from taking Lydia E. Pinkham's Vegetable Compound?"

So far answers have been received from over 250,000 women.

Ninety-eight per cent say YES. That means that 98 out of every 100 women who take the medicine for the ailments for which it is recommended are benefited by it. Think of it—only two women out of 100 received no benefit—98 successes out of a possible 100.

We always knew that our medicine benefited most of the women who took it. But that only two out of 100 receive no benefit is most astonishing.

It proves that this medicine, made for women's ills by the most scientific process; from a combination of roots and herbs, does more good than any other medicine for the purpose. We have been making and improving this medicine for 50 years until it is now so perfect and well adapted to women's needs that it actually benefits 98 out of every 100 women who take it. It is sold in almost every country in the world—over 4,500,000 bottles each year.

Every woman suffering from ailments peculiar to her sex should try Lydia E. Pinkham's Vegetable Compound and be one of the 98 benefited.

THE LYDIA E. PINKHAM MEDICINE CO.,  
LYNN, MASS.

## SIMPLIFIED SEWING

Most women like to sew. Some women must sew whether they like it or not, for the busy wife and mother will agree with the business girl that home sewing is "first aid to the budget."

One woman in fifty, perhaps, has a perfectly equipped sewing-room. The other forty-nine, nothing daunted, make the best of what they have and accomplish just as much. The secret of success in home sewing is to choose simple patterns with as few seams as possible and no little tricky places to bother. Remember that simple, well-fitting garments are always in good taste. There are many good patterns on the market which make each step of the work simple by little pictures and diagrams. One pattern may be used several times, with variations.

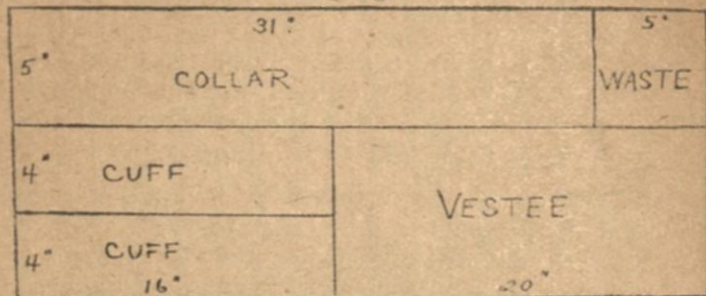
Often, however, a pattern is unnecessary. In this little book we show how easily pretty and becoming garments may be made by following the diagrams. A yardstick is best for measuring. There is a seam allowance of  $\frac{3}{8}$  in. These patterns were designed for an average figure (36 in., 38 in.) and since we have purposely omitted set-in sleeves, we believe that they will fit most women. If you have never cut by measurement and are afraid of spoiling your cloth, cut a pattern from newspaper first. We are confident that after a trial you will be an enthusiastic booster for "yardstick dress-making."

Good luck!



## A COLLAR, CUFF AND VESTEE SET

requires  $\frac{3}{8}$  yd. of 36 in. material without up or down. Pull threads and cut as shown in diagram.



Use linen or French voile and turn a  $\frac{3}{4}$  in. hem. French voile looks daintiest hemstitched. Heavier material may be blanket stitched in color, if desired. A bit of embroidery in the corners adds much to the attractiveness. Turn a  $\frac{1}{4}$  in. hem to sew the set on by. The foundation dress may be cut down the front to fit.

These sets are inexpensive and make pretty gifts.

### THE VILLAGE SEAMSTRESS

is not always the snooping spinster of the stage and screen. Often she is a busy, friendly woman who comes to know her customers intimately, their likes and dislikes, their hopes and their disappointments. She is never too busy to offer a word of encouragement or sound advice. Hundreds—perhaps thousands—of discouraged women in the past fifty years have found new health and strength because the village seamstress urged them to try that famous old medicine, Lydia E. Pinkham's Vegetable Compound.

### "MY TROUBLES MADE WORKING IMPOSSIBLE"

"For backache and other local troubles and sleeplessness Lydia E. Pinkham's Vegetable Compound is a wonderful medicine. A sister of mine recommended it to me and I have received the very best results from taking it. Sewing and nursing is my work and sometimes my troubles made working impossible. I recommend the Vegetable Compound and you can use this letter if you like."

2 DORA B. SARGENT, West Street, Tilton, New Hampshire

## APRONS FOR HOME OR THE CHURCH FAIR

A good practical apron is always saleable and always acceptable at Christmas. Percale is the old favorite for good service. Cretonne is also popular. Unbleached cotton or black sateen is effective, trimmed with bands or applique of cretonne. Rickrack braid (pointed), stickerei (scallops) and the tatting edges are all inexpensive trimmings, wash perfectly and come in any color you may wish for. Try red and white (mixed) rickrack to brighten up a black and white percale.

### FIFTY YEARS AGO

there were no automobiles, no radios, no party lines, no electric appliances, no ice cream cones, no jazz, no moving pictures, no shingle bobs.

A pretty dull world!

But fifty years ago **Lydia E. Pinkham's Vegetable Compound** was being made in Lynn, Massachusetts, and already many, many women were sounding its praises as a medicine for their ills. Every year this reliable medicine is winning new friends and holding its old ones.

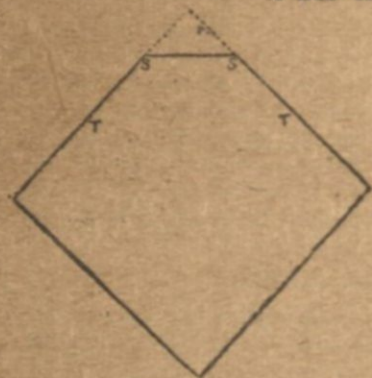
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### "STILL WORKING AS I DID 20 YEARS AGO"

"Seven years ago I was down in bed for a month with discharges and pains in my side. The doctors said 'Hospital' for me. The children found one of your little books on the front porch and brought it into my bedroom one day. I read it through and then got **Lydia E. Pinkham's Vegetable Compound, Liver Pills and Sanative Wash**. In a week after I began taking the medicine I was up and in the kitchen. I have four children and do all my own work and I take a bottle of **Vegetable Compound** every Spring now. I don't know what would have become of me had it not been for your wonderful medicines. Here I am 41 years old and I am still working as hard as I did 20 years ago. I often think of the time when the doctors were going to operate on me to save me and Lydia saved me from the knife. I recommend it and praise it and am willing to answer letters from women asking about it."

MRS. D. W. STAATS,  
511 S. 8th Street, Cambridge, Ohio

## A BIB APRON



From 1 yd. of 36 in. material without up or down, tear a 5 in. strip lengthwise and another crosswise. This leaves a 31 in. square. Cut according to the diagram you prefer (either on this page or on the next) and edge with novelty trimming. From the longest 5 in. strip make ties  $2\frac{1}{2}$  in. wide (before hemming) and attach at points marked T. From the shorter strip make a double strap 1 in. wide

when finished and 25 in. long. Attach strap to points marked S. From the scraps make pockets 5 in. square.

## A STATUE TO "THE PILGRIM MOTHER"

was unveiled at Plymouth Rock a few months ago. Thru her we honor every pioneer woman who endured privation and hardship that a Nation might live. Shoulder to shoulder with her husband, she built a home in the wilderness and reared her sturdy sons and daughters. She cooked and sewed, she spun and wove, for the growing family. When they were ill, she brewed potent remedies from simple roots and herbs—such roots and herbs as are used in Lydia E. Pinkham's Vegetable Compound.

## "WHEN I FEEL OVERWORKED"

"I greatly appreciate this opportunity to tell you how thankful I am for what Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Sanative Wash have done for me. I suffered from female troubles, nervousness and weakness and my back hurt me all the time. I saw your ad. in some papers and the first bottle of the Vegetable Compound made me feel better. Now whenever I feel overworked as I often have felt, I take more of the Vegetable Compound and soon am all right. I praise your medicines to my lady friends."

4 MRS. CARRA RAY, R. No. 3, Mangum, Oklahoma

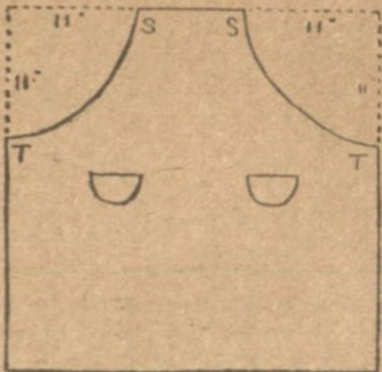


## FROM ONE YARD OF MATERIAL

If a large apron is desired, use the whole 36 in. square and substitute tape for strings and strap.

For a fancy apron, use cotton crepe which comes in lovely colors, 30 in. wide. Bind with bands of cretonne cut 2 in. wide on the straight of the goods, not bias. Including strap and ties, this will take  $\frac{1}{2}$  yd. of cretonne.

Dainty aprons for gifts are made from checked or striped dimity or dotted muslin. Edge with Val. lace and embroider with simple stitches in pastel colors. Finish the tops with beading and ribbon strings to match the embroidery.



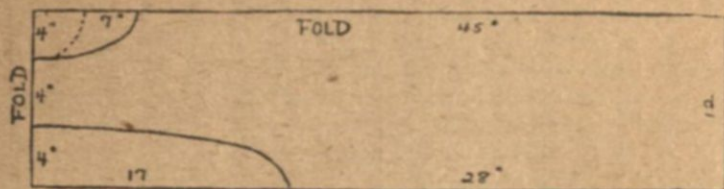
### "SINCE I WAS 14 YEARS OLD"

"I have always been sickly. I was 12 years old when the flow started and until I was 14 my father was very strict about my perfect attendance at grammar school. I have gone to school through hard storms and suffered all day from taking cold. When I was 14 I took to my bed and did not get up for 18 months. Every one thought I could not live as I did not flow all this time. Then a new doctor gave me some medicine and I was regular every month but it was scanty and painful and I was never able to do anything and was miserable. Just four months ago I began taking your wonderful medicine, Lydia E. Pinkham's Vegetable Compound, and I could notice a great change almost at once. Now I feel like a new person. My periods are regular and without pain and Lydia E. Pinkham's Sanative Wash is helping the discharges I have had since I was 16 years old. I have taken Lydia E. Pinkham's Blood Medicine and used the Liver Pills too. I wish all sick, suffering girls and women would try these medicines. Every one asks what I am doing for myself and I am proud to recommend your medicines."

MRS. C. M. SMITH, Union Village, Vermont

## A COVER-ALL APRON

requires  $2\frac{1}{2}$  yds. of material 27 in. or wider, and 8 yds. of trimming or bias binding.



Double the material, having the fold on the shoulders. The pattern shows the front of the apron which is seamless on the shoulders. The neck opening is curved to a depth of 7 in. in front and 4 in. in back. The dotted line in the diagram represents the back.

Bind all around. No hem. Button the front to the back, over the hip.

## "YOU MUST HAVE AN OPERATION"

How these words strike terror to a woman's heart! Gladly would she try any medicine, any treatment, rather than undergo the dreaded ordeal. There are some conditions which can be cured only by the surgeon's knife and we do not claim to know more about your particular case than your own physician. But we do know that many, many women have avoided operations by taking **Lydia E. Pinkham's Vegetable Compound** in time.

"I was sick for three months following a miscarriage and the doctor said I must be operated on again. I have one of your little books and my husband told me to write to you stating my condition which I did, and you told me what to do. I began taking **Lydia E. Pinkham's Vegetable Compound** in liquid form, then in dry form, **Vegetable Compound** tablets. It has saved me from another operation and I can't recommend it too highly. I am now able to do all my work and enjoy life."

MRS. ELMER ZIMMERMAN,  
728 Seneca Street, Pottsville, Penn.



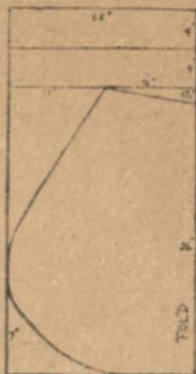
## A SENSIBLE APRON

This requires 1 yd. of 36 in. material and 3 yds. of trimming for the edge.

The strings are 4 in. wide and 1 yd. long, cut across the width of the material. Pockets are 6 in. square before turning the edges.

From the pieces left, cut a facing 2 in. deep to fit the waist line and sew to the wrong side before attaching the strings.

This stay strengthens the belt which must be curved to fit well.



## ROSY CHEEKS AND SPARKLING EYES

tell their own story of health and vitality.

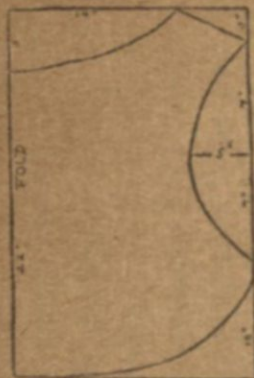
If your mirror shows a pale, listless woman, try a few bottles of **Lydia E. Pinkham's Vegetable Compound** with **Lydia E. Pinkham's Blood Medicine**. These will tone up the whole system, make rich, red blood and bring back the glow of health. Keep them in the medicine chest. **Lydia E. Pinkham's Blood Medicine** is good for all the family.

### "STOPPED TAKING IT TO MY REGRET"

"I was just run-down and tired and sick. My head ached, my stomach was upset, and tired was no name for me. I have known about **Lydia E. Pinkham's Vegetable Compound** for years and two years ago I decided to try it. I began to get better after I had taken two bottles and I stopped taking it, to my regret. Now I am started again. I have taken six bottles and intend to keep on. I am also taking **Lydia E. Pinkham's Blood Medicine** and the **Liver Pills** and I certainly recommend them. My daughter used the medicine and started me, and my neighbors and friends are now taking it and urging others to do the same."

MRS. ANNA MORRISON,  
Route No. 1, Masury, Ohio

## A FITTED APRON WITHOUT STRINGS



This style requires only  $\frac{3}{4}$  yd. of material 36 in. wide. It fits smoothly around the hips and buttons at the back with three small pearl buttons.

## IN QUEEN VICTORIA'S DAY

young ladies swooned at sight of a mouse. It was considered "genteel" to recline languidly on a couch and look pale and refined.

Young ladies of today bait a mouse-trap. They haven't time to be languid. They are too busy having a good time. They rebel at every day lost from the jolly, active sports the other young folks enjoy. It's hard to miss all the fun. That's why the young women of today are enthusiastic boosters for Lydia E. Pinkham's Vegetable Compound.

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## "I TOLD MY TROUBLES TO A WOMAN"

"Before taking the Vegetable Compound I was compelled to stay at home from work for one or two days every time I would menstruate. I had terrible bearing-down pains, felt like everything inside of me was coming down and could not stand on my feet nor walk any distance without resting for a while. One day I told my troubles to a woman in the factory where I work and she recommended Lydia E. Pinkham's Vegetable Compound to me. I tried it and after taking three bottles I felt like a new person. I can work steady now and feel fine all the time. I give credit to the Vegetable Compound for it did wonderful work."

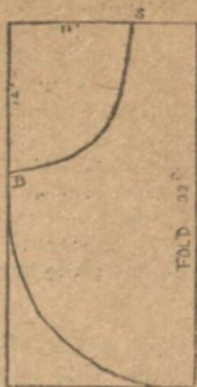
AUGUSTA SPIES,

5409 Allendale St., Detroit, Mich.

## A WELL-FITTING SMALL APRON

Requires 1 yd. of 36 in. material and 4 yds. of trimming.

From the material cut  $2\frac{1}{2}$  ins. lengthwise, and  $2\frac{1}{2}$  ins. crosswise. These are the straps which should be 32 in. long when finished. Attach straps at point marked S, cross them in back and button or snap to point marked B.



## THE GIRL SCOUTS

and the Campfire Girls are two national organizations working side by side in the cause of healthy, happy, intelligent womanhood; training the minds of eager girls for greater service, training their bodies for the destiny that shall be theirs. All honor to them!

Wise mothers of girls in their early teens urge them frankly to take **Lydia E. Pinkham's Vegetable Compound**, that reliable medicine for women.

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### "THOUGHT MOTHERHOOD WAS TOO MUCH"

"I am just a young mother of 20 and I have three small children. I was so run-down and weak that my sides just ached all the time. I decided to try **Lydia E. Pinkham's Vegetable Compound** which I heard so much about. I have taken **Lydia E. Pinkham's Liver Pills** and **Lydia E. Pinkham's Blood Medicine** too and I tell others about them when I have the chance because I know women's troubles. I have had such pains in body and brain that I would just lie in bed and cry. I thought motherhood was too much for me but I find it a pleasure now with the help of **Lydia E. Pinkham's** medicines."

MRS. JNO. DUDZIK,  
1903 S. Allport St., Chicago, Ill.



## A DAINTY SILK UNDERVEST FOR A DOLLAR

requires  $\frac{3}{4}$  yd. of silk tubing (which comes in lovely soft shades as well as in flesh and white).

1 yd. ribbon or lingerie straps

1  $\frac{1}{2}$  yds. fine silk tape

Turn an inch hem at top and bottom and feather-stitch. Work an eyelet in the center of the top casing for the draw-string. Adjust the straps and your vest is done. (Some girls prefer to run an elastic in the top and dispense with the straps.)

A delightful Christmas gift that you can make in an hour. There are more expensive tubings, of course.

## IT'S FUN TO SEW

when you feel like it. Your work goes smoothly and in a few hours you have a finished product to be proud of. But if you don't feel like it—if you are tired, listless and nervous—there is little fun in sewing or in anything else. It's just another thing that must be done. It goes all wrong and you get more nervous every minute. At last you put the work away, knowing that it is still waiting for you. That's the time to try Lydia E. Pinkham's Vegetable Compound.

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## "I OFTEN FELT LIKE FLYING"

"After my baby was born and I came home from the Hospital I felt weak and nervous in the mornings when I'd get up and my back ached and my head. I had no ambition to do anything and could not get my work done up. I often felt like flying, that's how nervous I felt. I had such awful pains in the lower part of my abdomen and back that I could hardly stoop over or sit and the doctors told me that my female organs were weak. I suffered for five months. A friend came over one day and she asked me if I had ever tried Lydia E. Pinkham's Vegetable Compound. I told her 'No,' that I had heard of it but never taken any. I gave her money and she got me a bottle. I do feel a great deal better now than I ever did and I certainly recommend the Vegetable Compound to every friend I have and tell all about it. I took the medicine to strengthen me but it did more than that."

## STEP-INS

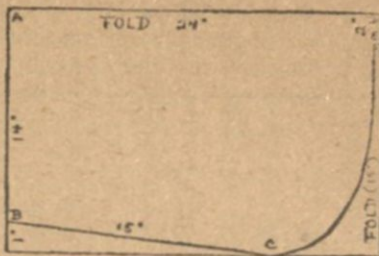
require  $2\frac{1}{2}$  yds. of lace  
1 yd. of elastic  
 $1\frac{1}{8}$  yds. of 36 in.  
material. Notice that the  
pattern is 30 in. wide, not  
36 in.

From A to B is 14 in.  
Gather into elastic casing.

From B to C is 15 in.  
Seam to C.

From D to E is 2 in.  
on the fold.

Trim with lace from C to E.



At the main entrance of our Laboratory in Lynn, Massachusetts, is a large sign:

### PUBLIC INSPECTION INVITED

Daily, except Saturday and Sunday,

8 A.M. to 4 P.M.

We have no secrets. Every floor in our six buildings is open to the public. We want you to come and see our stock of crude herbs, our giant glass-lined percolators, our sterilizing bottle-washing machine, our nimble-fingered wrapping department, our clattering Miehle printing presses, our sunlit advertising rooms, our morning mail, our laden trucks. We want to show you!

That's how we feel about it.

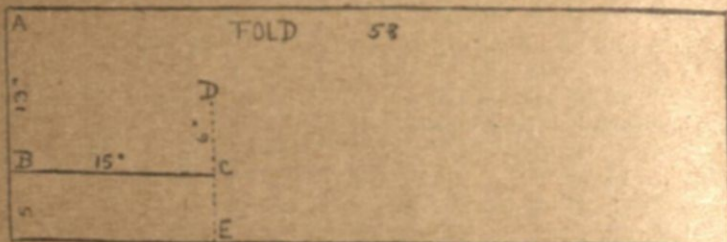
### "WAS OUT OF SCHOOL"

"I gave my fifteen-year-old girl Lydia E. Pinkham's **Vegetable Compound** and it did her a wonderful lot of good. Her periods were delayed and she was nervous, weak and dizzy. At last she was so bad off that she was out of school for four months. I read the advertisement of the **Vegetable Compound** and since she has taken it she has improved in every way and has gone back to school again. I recommend the **Vegetable Compound** to other mothers with girls who are not as strong as they should be."

MRS. ALICE LOUTHAN, R. No. 2, Charleston, Ill. 11

## FOR ECONOMY, MAKE TWO SLIPS

Five yards of longcloth at about 25 cents per yard will make two practical costume slips for everyday wear. Including trimmings, the cost is about one dollar each.



## A SLIP WITH BUILT-UP SHOULDERS

may be made by using an old one for a pattern of the top

### WHAT IS PEP?

It is that indefinable something which leaps within us as we greet each new day—alive, vibrant, clear-eyed, happy, ready for work or for play. Pep makes us laugh easily, feel friendly and "carry on" with ease and confidence. Pep is not easily discouraged. If you have lost your "Pep" try the Pinkham medicines.

### "HAVE PROVED IT WONDERFUL"

"I had inflammation in the lower abdomen and the doctor said I was in a very bad condition. My hips and back felt like knives cutting me and I could not get around to do my work. I had indigestion and very bad headaches and could not sleep as I was so nervous. I took local treatments and they did me no good. I had always heard of Lydia E. Pinkham's medicine and I thought it would be like all the others but I found out after I took half a bottle, as I have proved it wonderful. I am taking it yet and I can do all my work. I am feeling fine now and it is your good medicines that have done it. I tell every women of the good I get from taking the Vegetable Compound and Liver Pills and from using the Sanative Wash. I don't intend to be without the Sanative Wash."

MRS. P. W. CARR,  
726 W. Jackson St., Muncie, Ind.



## SLIP WITH CAMISOLE TOP

From 5 yds. of material cut a 5 in. strip across the width and save it for straps. If you use Hamburg banding or a crocheted top, this is not necessary.

Divide the material into three equal lengths (about 58 ins.). Split one of these pieces lengthwise to form the two back breadths, which are 18 ins. wide.

Cut the second and third pieces for front breadths as shown in the diagram. That is:

Fold lengthwise. From A measure 13 ins. to B, then cut down straight to C (15 ins.).

From C slash in 6 ins. to D and cut to the selvage (E). Gather from D to E and seam it into the 6 in. space. This gives fullness over the hips, and the straight outside edges are French seamed to the back breadth.

Make a casing at the top for tape and attach the straps. Trim with imitation filet or any narrow edge. Turn up a deep hem (about 20 ins.) which is shadow-proof.

## THERE IS NO MUSIC

like the laughter of happy children. There is a challenge in their little clinging hands. They depend on us. We must not fail them.

A healthy mother will have a healthy child. A wise mother will give her child every advantage of health and strength—a right start. For your baby's sake, try Lydia E. Pinkham's Vegetable Compound.

## "BEFORE MY BABY WAS BORN"

"I took Lydia E. Pinkham's Vegetable Compound before my baby was born and it helped me a great deal, particularly with the discharge. This was my worst ailment. I lost my strength and could seldom be on my feet. My mother-in-law recommended the Vegetable Compound to me and I noticed improvement after taking the first bottle. I was soon able to do my work and did not suffer from backaches. I always have and always will recommend the Pinkham medicines to my friends and I am perfectly willing that you should use these facts as a testimonial."

MRS. E. E. CORNELL,

3403 Searsdale Ave., South Brooklyn, Cleveland, Ohio 13

## THE FOUNDATION DRESS

Styles change. What woman would have it otherwise? Yet for the past few seasons, the straightline "Chemise" dress has held its popularity. It may blossom out in cascades, apron effects, pleated or ruffled flounces, new collars and new sleeves, but the foundation dress is our old friend the "Bungalow Apron which went into Society." Such a dress is simple to make, easily ironed, generally becoming and lends itself to countless changes and variations. A foundation pattern will be found on the next page.

A straight dress requires 3 yds. If you are short,  $2\frac{3}{4}$  yds. Fold lengthwise and crosswise until you have four thicknesses with double folds forming a corner which we have marked A. From A measure 9 ins. along the lengthwise fold and put a pin (B). From B measure 12 ins. across the material to C. (This is the underarm measure.) Along the sel-vage measure 8 ins. to point D. From D cut a gentle curve to C.

Now decide how wide your dress is to be at the bottom and divide by 4. If you want a  $1\frac{1}{2}$ -yd. skirt, 15 ins. will be about right for the distance from E to F along the loose edges of your material. With a yardstick, draw a straight line from C to F and cut. (See next page.)

## DON'T GIVE UP YET

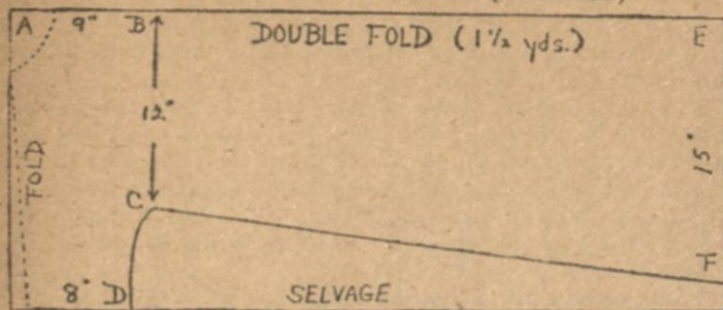
even if you have tried a few bottles of the **Vegetable Compound** and can see no results. Give it a fair trial. Remember that some conditions are more quickly relieved than others. If your ailment is deep-seated or of long standing, it cannot be cured in a week. Perhaps you worked so hard while you were taking the medicine that the good effects were lost. Don't give up too soon.

## "HARDLY ABLE TO WORK"

"During the Change of Life I suffered for some time during each month with headache and backache and was hardly able to do my work at those times. A friend recommended Lydia E. Pinkham's **Vegetable Compound** and since taking it I feel like a different woman."

MRS. MATTIE ADAMS,  
Downing St., Brewton, Ala.

## THE FOUNDATION DRESS (continued)



*For the neck.* From A measure  $3\frac{1}{2}$  ins. on the crosswise fold and 3 ins. on the lengthwise and cut a curve. Try the dress on. You will probably want to cut the neck another inch lower in front. Bind the neck to prevent fraying.

*Sleeves.* If you want them shorter, cut them off. Cuffs may be made from the scraps, if desired. A slanting seam run from the neck to the outer edge of the sleeve will make the sleeve fit better. Try the dress on and pin, to determine how deep the seam should be. An inch at the sleeve edge slanted to nothing at the neck is usually about right.

The material left from the sides will make a belt.

## A PRETTY DRESS

and a poor complexion do not match. No matter how stylish your dress is or how becoming your hat, a rough skin will spoil it all. Rouge and powder are poor substitutes for the rosy glow of health. Take Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine in alternate doses for a few weeks. Let them bring back the sparkling eyes and the rich red blood that are Nature's own beauty.

## "YOUR MEDICINE ALWAYS HELPS"

"I imagine my stomach was inclined to be weak. Anyway, your medicine always helps. I take Lydia E. Pinkham's Blood Medicine with the Vegetable Compound and recommend it highly to all my friends. A friend of mine used to make fun of it but she had to acknowledge the miracle it worked on me."

MRS. ALICE J. SPENCER

2053 LeTart Ave., Muskegon, Mich.



## DRESS WITH FULLNESS OVER THE HIPS

See illustration on the next page. Cut from C to D as before. Then along the selvage cut away a strip straight to the bottom, about 3 ins. wide.

From C measure down 14 ins. to X. If you are slender, cut along this line. If you need more room over the hips slant this line out 1 in. at X. This will then measure 12 ins. at the bust and 13 ins. at the hips, a difference of about 3 ins. when the dress is finished. From X cut into the material 5 ins. to Y and also cut from X straight out to the selvage edge.

Seam up the waist and skirt sections, leaving the opening between. Try on, to be sure the waist fits well. Then gather the fullness at the top of the skirt (about 14 ins.) into the space at the bottom of the waist (about 9 ins.). Bind the gathers on the wrong side with a bit of the material and your dress is ready to hang. (See next page.)

## THIRTY STEPS TOWARDS HEALTH

are being taken by you with each bottle of **Lydia E. Pinkham's Vegetable Compound**. Thirty doses of this dependable medicine for troubles so common to women and girls are found in each bottle. The medicine is sold by druggists everywhere.

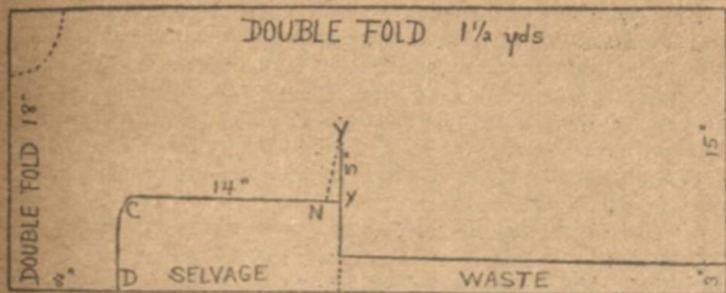
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### "ON MY FEET A GREAT DEAL"

"I have taken **Lydia E. Pinkham's Vegetable Compound** for some time and would not be without it in the house. As I am a children's nurse I have to be on my feet a great deal and your medicine has helped me wonderfully for female weakness. I had severe pains and cramps every month and sometimes would be obliged to stay in bed two or three days. I read in letters in the newspapers that the **Vegetable Compound** helps women so I decided to give it a trial. I was hardly able to do my housework when I began taking it and now I am a strong and well woman, able to do all that and go out nursing besides. I have also used the **Sanative Wash** and found it very beneficial for a douche."

MRS. GERTRUDE L. STEWART,  
98 Conway St., Greenfield, Mass.

## A VARIATION OF THE FOUNDATION DRESS



Unless you are very slender, it is a good idea when cutting the dress to measure up 1 in. from X to Z and cut to Y. Taking out this little triangle of material (XYZ) will lift the skirt at the sides and make it hang better. This dress is particularly good for silk, voile and soft, thin materials.

### WHEN TAKING MEDICINE

remember that you are sick and let the medicine do its work. Do not overwork at such times just because you are feeling a little better. On the contrary, take as much of a vacation as you can and let the medicine have a fighting chance. Statistics show that **Lydia E. Pinkham's Vegetable Compound** will benefit 98 per cent of the users when given a fair trial.

### "I KEPT ON TAKING IT"

"I had a great deal of trouble from weakness every month and had tried medicine and treatments but still the irregular flowing and the discharges continued, as there was so much inflammation. A friend told me about **Lydia E. Pinkham's Vegetable Compound** and I took two bottles of it before I noticed a difference. I kept on and have got wonderful results. I have used **Lydia E. Pinkham's Sanative Wash** while taking the **Vegetable Compound** and the inflammation is gone and the discharges are stopped. I make overalls in the 'Unionall' factory and run a machine. I am willing to answer any letters I get asking about the **Lydia Pinkham** medicines."

MRS. ELIZABETH CHAMBERLAIN,

500 Monmouth St., Trenton, N. J.

## HOW TO DRAFT YOUR OWN PATTERN

Perhaps you are larger or smaller than the average woman and the foundation patterns, as given, will not fit you, if so, it is easy to draft your own patterns from measurement.

*Material Required.* Measure from your shoulder to the bottom of your hem. Add 6 ins. for hem and any possible matching and multiply by 2. An average dress length is 3 yds. but a small woman will find  $2\frac{3}{4}$  sufficient while a tall woman will need  $3\frac{1}{4}$  yds.

*To Cut.* Fold the material lengthwise and crosswise locating A and B. Measure snugly around your arm at the shoulder. Add 5 ins. and divide by two. This is the distance from A to C and from B to D. Lay a yardstick across from C to D.

Measure your bust snugly. Add 10 ins. and divide by four. This is the distance from C to E. The 10 ins. allow for seams and fullness. Put a pin at E and from a point 1 in. above D cut a curve to E to form the sleeve.

Measure from your shoulder to your hip-bone, or wherever you wish your belt to be. This is the distance from A to F. Measure your hips, (largest part) add 10 ins. and divide by four to get the distance from F to G.

## THE SUCCESSFUL BUSINESS WOMAN

prides herself on her efficiency. She has learned that time lost through preventable illness is not good business. She has also learned that **Lydia E. Pinkham's Vegetable Compound** is excellent for women and she takes it regularly herself and recommends it to the younger women with whom she works.

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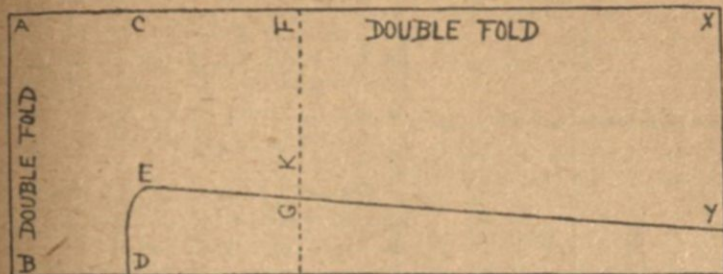
### "I WORK EVERY DAY"

"I am a sales-lady and work every day and recommend the **Vegetable Compound** to women who stand all day on their feet behind a counter. Most women take medicine for a week then put it on a shelf. It won't do you any good in the shelf. Take it regularly, the second bottle right after the first one and it will do its work."

MRS. CHARLES LUCE,  
2127 2nd Ave., Seattle, Wash.



## ILLUSTRATION OF PATTERN



(Continued from previous page.) Decide how wide you wish your skirt to be, add 2 ins. and divide by four. (X to Y.) With a yardstick cut from E to Y, being careful to pass through point G.

*For a Dress with Fitted Waist and Full Skirt.* Cut from F through G to the selvage. (See dotted line in diagram.) From the remaining material, which will be the full width of the goods, make a straight gathered skirt and attach to the waist.

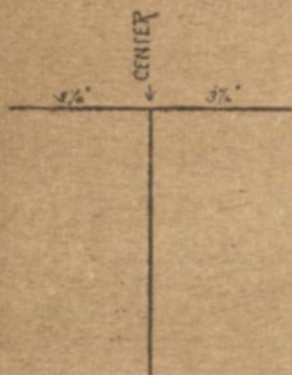
*For a Dress with Fullness at the Hips.* Place the fullness at point G, slashing in 4 ins. to K for the gathers.

### "SAFELY OVER CHANGE OF LIFE TROUBLES"

"After 15 years of terrible suffering each month with sick headaches I began to take **Lydia E. Pinkham's Vegetable Compound** and I have felt my health steadily improving. Today, after taking your medicine for almost a year and a half, I believe I can say the headaches have left me for it is seven months since I had the last one. Besides that, I believe I am safely over the Change of Life troubles but I am continuing the **Vegetable Compound**. I also was troubled with nervousness and with pains in my left side since I was 17 years old which caused me lots of trouble. Many times the doctor told me to have an operation performed. I am feeling fine now and do all my work myself. I am the mother of six and manage an eight-room house without anybody to help me, thanks to your wonderful medicine. I recommend the **Vegetable Compound** to anyone who complains to me about female troubles."

MRS. ADOLPH BRATKE,  
4316 South 13th St., South Omaha, Neb. 19

## A TURN BACK COLLAR



*Instead of cutting a round neck, as on page 15, locate the exact center and cut  $3\frac{1}{2}$  ins. each way on the shoulder fold and down the center front as far as you want the dress to open.*

Face the fronts, having the facing at least 6 ins. wide at the shoulder line. Be careful to match stripes or figured goods so that the collar will look well rolled back.

Cut a straight collar 16 ins. x 7 ins. Double and seam up the  $3\frac{1}{2}$  in. ends. Beginning at the outer edges, baste carefully to the dress, curving the neck of the dress a little in the back to make it fit well. It should turn back perfectly smooth.

## THE FLAPPER OF 1925

is an active girl,—working, dancing, swimming, playing golf, motoring, hiking,—on the go from morning 'til night. Only a healthy body can stand the pace. The flapper of 1925, like the miss of 1900, knows that Lydia E. Pinkham's Vegetable Compound will keep her physically fit.

### "I OVERWORKED MYSELF"

"I was young and overworked myself and for three years I had pains every month. I was not able to do any work at those times and had to go to bed but could not stay there long on account of such hard pains. My aunt wanted me to try your medicine (Lydia E. Pinkham's Vegetable Compound) and the results are certainly very good. I do my own housework now and take care of my darling baby girl. I recommend your medicine and will answer any letters I receive from women wanting to know about it."

MRS. J. PALMA,  
1252 $\frac{1}{2}$  Broadway Ave., Grand Rapids, Mich.

## UTILIZING LEFT-OVER MATERIALS

*A Scarf Collar.* Make of double material 1 in. or 2 ins. wide and about  $1\frac{1}{2}$  to 2 yds. long. Attach across the back of neck as far as the shoulders and either have the ends free or tie loosely.

*A Belt.* This is easily made in any length desired. Stitch on the wrong side, turn over a yardstick and press. A narrow belt may be stitched on the right side and pressed so that the seam comes in the middle.

*Pockets.* Pockets in great variety are easily made.

*Longer Sleeves.* From the section cut away under each arm you will get two pieces 8 ins. long and 4 ins. to 6 ins. deep, according to the width of your material. Use these to lengthen your sleeve, stitching them on before you stitch the under-arm seam. An opening in the center makes a graceful sleeve. Trim with buttons.

*Trimming Bands for the skirt.* Cut a straight piece approximately 20 ins. x 3 ins. Bind or trim and place so that it extends from the bottom of the hem up and covers the side seam. Trim with buttons. In striped materials these bands are effective made with the stripes running in the opposite direction or at an angle.

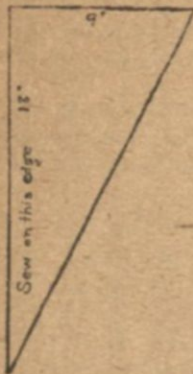
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### "HERE IS A LITTLE ADVICE

I would like to have you put in the papers," says Mrs. Jack Lorberter, 704 Dellwood Place, St. Paul, Minnesota. "If the women of today want to keep their health and strength for the next 30 years of their lives, it is best to start in right now and take this medicine! I was in such a condition that I wouldn't give 2 cents for my life, and if you could see me now! I used to get nervous spells that would last a couple of days and were so bad that I was afraid in my own house in broad daylight. I used to lock the doors and put down the shades so that nobody could see me. I was run-down and nervous and had womb trouble. One day a little booklet was left on my porch and I read it through. I found a case similar to mine. I bought Lydia E. Pinkham's Vegetable Compound and have had fine results. The condition I was in made me a burden to my husband. Now I ask him, 'How is housekeeping?' and he says, 'It is just like being in Heaven.' "



## FRILLS AND RUFFLES



The *Soft Frill* with its graceful cascade effect is usually simply a right angle triangle, sewed on by the longest straight edge. For a *short frill*, to run from neck to waist line, 18 ins. long by 9 ins. wide, is a good size.

For a *long frill*, to run to the bottom of the dress, use a triangle 9 ins. wide and the length of the dress. A perfectly straight piece 9 ins. wide may also be used and the bottom of this frill will hang below the hem.

Frills may vary, of course, in dimension, but a good rule is that they be at least twice as long as they are wide.

A *double frill* may be two triangles, with straight edges lapped. Place a long row of buttons down the center seam. A double frill may also be gathered along this center seam to give a ruffy cascade. Frills should be of soft material that ripples gracefully and evenly. Picot or edge with lace.

### LYDIA E. PINKHAM'S LIVER PILLS

are a reliable laxative for the whole family. They are purely vegetable and any child over five years old can take them.

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Mrs. M. L. Rogers, 2305 Albany Street, Brunswick, Georgia, says, "My husband got me a bottle of **Lydia E. Pinkham's Vegetable Compound** and I found some **Liver Pills** inside the package and took them and they did me so much good that I take them now for constipation."

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Mrs. Mary Puskas, 143 Green Street, Allentown, Pa., says, "In the 'Allentown Call' I read many letters telling about **Lydia E. Pinkham's Vegetable Compound** and I took 8 bottles in all before I felt well. Now I can do my work and feel good. I have also tried **Lydia E. Pinkham's Liver Pills** and they are helpful."

## SEWING HINTS

*Buy the best shears you can and keep them sharp.*

*In binding a round neck, have the seam come on the shoulder and it will not be noticeable.*

*A safety pin is an ever ready substitute for a bodkin.*

*If your thread kinks, do not break it. Push the knot gently toward the needle and the kink will smooth itself out.*

*To cut sheer material evenly, pull a thread. In making draperies, always pull threads before cutting so that they will hang evenly.*

*If you are using a ready-made collar and cuff set, buy the set and cut the neck of your dress to fit the collar. This saves the annoyance of collars that don't fit.*

*If your machine puckers on thin material in spite of your efforts to adjust the tension, cut paper in strips, slip them under the material and stitch through both. The needle will perforate the paper so that it can be torn away easily.*

### "IT'S TIME TO MAKE BABY CLOTHES"

The months of preparation for her baby are one of the happiest times in a woman's life. She stitches each tiny garment with the magic thread of dreams, and over their fleecy softness her wondering heart breathes a prayer. Many childless homes have been blessed by the coming of a rosy, dimpled baby after Lydia E. Pinkham's Vegetable Compound has strengthened the mother.

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### "SHE SAID IT WOULD BUILD ME UP"

"I took Lydia E. Pinkham's Vegetable Compound for pains each month also for weakness and to build myself up, and I am now the mother of a five months old baby girl. I never knew of your medicine until I got married and an old lady told me to try it. She told me it would build me up and help me to become a mother some day. I always keep a bottle on my pantry shelf and when I get upset and cross I take your medicine and it helps me."

MRS. GERTRUDE PISTANTE,  
1110 103rd Ave., Oakland, Calif.

## A SIMPLE NIGHTGOWN

The foundation dress patterns may be used for a night gown by slanting from the underarm to the full width of the material at the bottom, as fullness is desirable. Cut a round neck, larger than for a dress, and edge with lace heading through which narrow ribbon may be run. Lace may be used instead of beading, if preferred. Hamburg edges give good service.

A soft white "nightie" is always in good taste. Figured crepe is popular and inexpensive and is easily laundered. The shops are offering lovely soft fabrics in delicate colors of blush pink, peach, lavender, maize, honeydew, etc., that are charming for lingerie.

Try ecru lace on pale pink, instead of white. Pale pink and pale blue ribbons knotted up together into rosettes give a Frenchy touch.

Nightgowns require 3 to 3½ yds. of material, according to one's height. Three yds. of Val. lace will trim neck and sleeves.

A sleeveless nightgown may be made of two lengths of material, tapered a few inches at the top and gathered or smocked to a camisole top.

## IT MUST BE A GOOD MEDICINE

when it has been on the market for over fifty years, when druggists report a steady demand for it and increasing sales, when women all over the country recommend it to their neighbors and thousands of them write us each year to tell us how much it has helped them—it must be good!

## "BEFORE EACH CHILD WAS BORN"

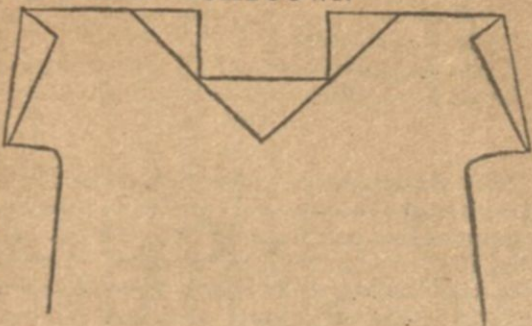
"I have six children and have taken Lydia E. Pinkham's Vegetable Compound before each one was born. It kept me from losing my first baby and the doctor says he does not understand how I have such easy times. I cannot tell you all the good I have received from it. When I am not as well as I can be, I take a few doses. I have been doing this for over 13 years and it always helps me."

MRS. FRANK SELLERS,  
510 7th Ave., Vinton, Iowa



## ANOTHER NIGHTGOWN

A nightgown that you can make in an evening requires  $3\frac{1}{4}$  yds. crepe (plisse), 3 yds. binding or trimming, and the approximate cost need be only one dollar.



If you choose figured material, remember that it must be stamped through clearly because the revers will be of the wrong side of the material. Plain crepe with bands of white gives a tailored effect.

This simple nightgown is easily made from the foundation dress pattern. A nightgown should be a little looser than a dress. Measure 13 ins. for the under arm and slant with a yardstick to the full width of the material at the bottom.

To form the neck, measure off with pins a 4 in. square at the corner fold. Slash this diagonally, turning back the four triangles until you have a square neck measuring 8 ins. on each side, with a point 4 ins. deep on each shoulder, in front and in back. Bind or trim and stitch on the right side.

To point the sleeves, slash up 3 ins. on the fold and turn back.

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### "PAINS LIKE A KNIFE"

"I think I would not have been able to have my baby if the Vegetable Compound had not helped the ovarian trouble. I had sharp pains in my left side so I could hardly stand it. Some days they were like sticking a knife in me. Mother told me of Lydia E. Pinkham's Vegetable Compound and wanted me to try it. My husband got me one bottle at first then I took two others. This was in the Spring and in December I had this nice baby boy weighing 8 pounds, whom we love so well. Now I am feeling quite strong again."

MRS. NINA MATTESON, Box 206, Oxford, N. Y.

## A CHARMING NEGLIGEE

<i>Materials</i>	<i>Approximate Cost</i>
3 yds. French voile .....	\$2.25
10 yds. Valenciennes lace .....	.50
5 yds. 1 in. ribbon .....	.75
	<hr/>
	\$3.50

See illustration on next page. Fold the material to make two straight lengths and cut out a round neck. 22 ins. down from the fold and 6 ins. in from the selvage on each side cut  $1\frac{1}{2}$  in. slots and buttonhole them. Try the garment on to be sure the length is right. There is no hem and no side seams. Edge all around with lace put on perfectly plain. Around the neck ease the lace on so that it will not draw. Slip  $2\frac{1}{2}$  yds. of ribbon through the slots on each side and tie to hold the fullness. Delicate sprays may be embroidered around the slots or at the neck, if desired.

### DO YOU READ THE NEWSPAPERS?

If you do, you are familiar with the Pinkham advertisements, each with its photograph and testimonial. Did you ever stop to think that the particular woman you are reading about is only one of the hundreds of grateful, happy women, all over the country, who write to the **Lydia E. Pinkham Medicine Company**? Over 70,000 of these testimonial letters were received at the Laboratory last year. Every letter brings convincing proof that our medicines will do what we claim they will.

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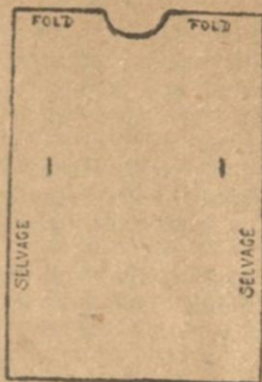
### "I WAS ALWAYS TIRED"

"I was working in a laundry and the work was too hard for me. I was as white as a sheet and was always tired. Each night I went to bed when I got home from work. Mother knew I was run-down and she got discouraged. A friend of mine told me to take **Lydia E. Pinkham's Vegetable Compound** and the first bottle did wonders for me. I became stronger and was able to manage my job better. I work in the laundry after school. I can honestly recommend the **Vegetable Compound** as a good builder for run-down people."

GERTRUDE E. DAVEY,  
232 Carleton St., Providence, R. I.

## A LOVELY CHRISTMAS GIFT

This negligee makes a lovely Christmas gift. It is dainty in lavender, peach, or any of the pastel shades, with white lace. It is striking in flame color with black lace, tho the black lace is more expensive. A two-tone ribbon is pretty. If you choose crepe de chine or radium silk for your material, have the edges picoted instead of using the lace.



### GRANDMA SAYS,

"Don't know what the world's coming to! Young folks didn't act so in my day. There's my son's girl, Barbara Louise. Pretty as a picture and pert as they make 'em. Works all day and dances all night. Wears straw hats in January and fox furs in August. Rolls her stockings and *never* wears a flannel petticoat. Says they're 'quaint.' Huh! Wears her hair like a man and her dresses like a model. Goes auto riding every Wednesday and says to me, 'How about that Goddard buggy?' Huh! smart girl, tho. Gets up as good a meal as I can, if she does use a cook-book. Told her she'd wear herself out and never knew 'til yesterday she is taking Lydia E. Pinkham's Vegetable Compound. Just like I used to!"

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### "WILL KEEP ON USING IT"

"I always got very sick every month and felt weak and had backache and headache. Most of the time I was not able to be up. I read about Lydia E. Pinkham's Vegetable Compound in the papers and after taking three bottles of it I found relief. I will keep on using it and will recommend it when I can."

ANNA DANHOFF,  
9432 Page St., San Francisco, Calif.



## THE STYLISH-STOUT WOMAN

### *Avoids*

- striving after a girlish effect.
- the tight corset that removes the bulges from one place and puts them in another.
- fussy, frilly clothes.
- ruffles with trimming running around the body.
- sashes. Belt all the way around. Belt of contrasting color.
- short skirts.

### *Chooses*

- dignity.
- a low, fitted corset loose enough to give her a flat effect. A long brassiere.
- long lines that carry the eye down. Surplices. Vertical pleats set in for width. Soft drapery.
- narrow belt tying on the side. Belt only part way around or slipped through slots to break the circular effect.
- skirts never more than 8 ins. from the ground.

## A SEVERE STRAIN

from lifting heavy articles, reaching up for things placed too high above the head, a misstep, excessive dancing, violent coughing, constipation, etc., are causes of troubles to women which often prove serious and long-continued. **Lydia E. Pinkham's Vegetable Compound** is a medicine which has been of great value in such cases.

## "HIRED EVERYTHING DONE"

"My troubles all started from a fall. I slipped down the steps and the jar caused me to miscarry. I was sick for a year after that. The doctor said I had a catarrhal womb and I took local treatments and was operated on but I was not able to do anything. My back was so weak I could not raise up at times. My husband hired everything done. Then an old friend of my mother's advised me to take **Lydia E. Pinkham's Vegetable Compound**. Before I had taken the first bottle I was much better and my husband sent for four more bottles. I am now able to do all my work and go anywhere and am not tired out when night comes. I will praise the medicine as long as I live."

MRS. W. M. WELLS,  
Willeford, Florida

## THE STYLISH-STOUT WOMAN

### *Avoids*

—checks, plaids, awning stripes, prints and figured materials.

—collars wide across the shoulders, Peter Pan collars, stiff, tight collars.

—fancy trimmings, frills, perky bows, bunches of flowers, splashes of color.

—jacquettes and short coats that chop the figure in two.

—stiff taffetas, shiny satins, clinging jersey.

—sleeveless gowns, even for evening wear.

—light hosiery in contrast to slippers.

—all white. As a rule, it makes one look larger.

### *Chooses*

—plain materials, vertical pin stripes, brocade in solid color. Figured material may be used sparingly for inset panels or under tunics.

—scarf collars with long narrow ends, V necks, low revers, lapels.

—vertical rows of buttons—only one bright touch—buckle or pin—and that only one spot.

—long, loose coats, rag sleeves, ensembles.

—soft crepes and voile twills.

—loose, flowing sleeves of Georgette or lace.

—hosiery to match shoe—gun-metal and dark shades.

—dark blue, dull colors with the one permissible bright touch.

## "MOTHER USED TO TAKE IT"

"I was in a very run-down condition and sick most of the time. I had such pains in my side and lower abdomen that I did not feel like working. One day while I was having a hard spell my sister came to me and said, 'Why don't you try some of Lydia E. Pinkham's Vegetable Compound?' I said, 'I have tried so many things and nothing did me any good and I don't think that wouldn't either.' She said it did her good and that mother used to take it and it would pay me to try, so I bought one bottle. I soon felt a great change and I went to the drug-store and bought two more bottles and some of Sanative Wash, too. I do not suffer as I used to from that time I was 16 until I was 20 and I could have saved four years of pain."

MRS. H. WELTY,  
R. R. No. 4 Bluffton, Ohio

## HOW TO DRESS ON \$120.00 PER YEAR

A woman can dress well on \$10.00 a month—or less—if she has to. It means careful planning, of course, and wise purchasing. One must take advantage of January Mark-Downs and August Clearances. But it can be done.

This list is meant to be only suggestive. Every woman must adapt it to her own particular needs. It is figured at fair average prices, which will vary somewhat in different localities. The items starred are to be made at home, following patterns given in this book. Those marked  $\frac{1}{2}$  are to be worn two seasons, therefore only one half the cost is charged. We can usually depend upon Christmas to bring us plenty of handkerchiefs, occasional silk hosiery or lingerie or even a silk umbrella or a snugly bathrobe. If not, our budget must be stretched to include them. It must be remembered, also, that we would have some under-wear and a dress or two left from the previous season that are still serviceable. (Continued on next page.)

## VEGETABLE COMPOUND IS NOT GOOD

for rheumatism, diabetes, snake-bite, whooping-cough, lumbago or tooth-ache. It is not a cure-all. You wouldn't want it if it were. Your own common-sense would warn you that what is good for everything is good for nothing.

Lydia E. Pinkham's Vegetable Compound is good for those ailments from which women suffer. It benefits 98 per cent of the users and women everywhere will tell you so.

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## "I ASKED THE DRUGGIST"

"I was always dizzy and tired, had backache and just didn't feel like working. When I was real tired I would faint and I was not sick regularly. I asked the druggist what he thought would help me and he told me to try Lydia E. Pinkham's Vegetable Compound. Your medicine has done wonders for me and I feel like a different person. I recommend it to friends and relatives and will do all I can to help other girls."

ANNA BELLE SCHULZ,  
1720 E. Main St., Decatur, Ill.



## YOUR DRESS BUDGET (Continued)

Winter Coat @ \$40.00 ( $\frac{1}{2}$ )	\$20.00
Spring Coat @ \$20.00 ( $\frac{1}{2}$ )	10.00
Winter Hat	5.00
Sport Hat	2.00
Spring Hat	5.00
Ready made Winter Dress @ \$20.00 ( $\frac{1}{2}$ )	10.00
*Silk Dress (or \$10.00— $\frac{1}{2}$ )	5.00
*Summer Afternoon Dresses, 2, @ \$2.00	4.00
*Sport Dress or Every Day Winter Dress	5.00
*House Dresses, 3, @ \$1.00	3.00
Overshoes @ \$3.00 ( $\frac{1}{2}$ )	1.50
1 pr. Rubbers	1.00
2 pairs silk stockings @ \$2.00	4.00
2 pairs silk and wool Stockings @ \$1.50	3.00
1 pr. Oxfords	5.00
2 prs. Pumps @ \$5.00	10.00
2 Union Suits @ \$1.00	2.00
2 Vests @ \$.50	1.00
*2 cotton Nightgowns @ \$1.00	2.00
*2 cotton Slips @ \$1.00	2.00
*3 Step-ins @ \$.50	1.50
Rayon Bloomers	3.00
Rayon Slip	3.00
Corsets and Brassieres	7.00
Gloves	4.00
Miscellaneous	1.00
<b>Total</b>	<b>\$120.00</b>

The business girl will want to substitute a sport dress for the 3 house dresses. To the woman who could spend a little more,—say \$150.00 per year—we suggest buying a ready-made silk dress at about \$20.00 and using the surplus for lingerie and hosiery.

### "BACK TO NORMAL AGAIN"

"I have found your medicine—Lydia E. Pinkham's Vegetable Compound—a valuable one for weakness, and my monthly period, which I had twice a month, is back to normal again. I learned of this medicine through a friend and I took nine bottles of it. My general health is improved and I recommend it to all women who suffer."

MRS. J. S. PIETSCH, Box 397, Lancaster, Penn.

# THAT TIRED FEELING

is a most common complaint and indicates the need for

## LYDIA E. PINKHAM'S BLOOD MEDICINE

(The Family Medicine)

Any member of the family may be affected—father, mother, sister, brother—and when the time comes and you have that tired, sluggish feeling, when you become bilious or have humors and eruptions on the face or body, **Lydia E. Pinkham's Blood Medicine** should be taken.

It is a splendid tonic, a rebuilder and repairer of the system, and just the medicine needed for the conditions named above.

Any member of the family is likely to overdo in some way, to work too hard or for too long hours, to stay in the house too much, to overeat and have indigestion and constipation, to have a poor appetite and get run-down, etc.,—and any of these conditions will be helped by taking the **Family Medicine**.

It is prepared from medicinal roots and herbs and has been in use for nearly 50 years in connection with **Lydia E. Pinkham's Vegetable Compound** for women. All of this time it has been taken by others in the family when it is needed to build up the system.

# ATTENTION!

## A Useful Sewing Card Combination FREE

If you will return this page with answers  
to the following questions

**LYDIA E. PINKHAM MEDICINE CO.**

**LYNN, MASS.**

---

### QUESTIONS

How many copies of this book were left for you  
where you found this one?.....

Where did you find this copy? .....

Have you seen other copies of this book in stores  
or otherwise wasted?.....

If so, please explain what you have seen? .....

.....  
Would you like us to send to you, with the present, a free copy of LYDIA E. PINKHAM'S PRIVATE TEXT BOOK UPON AILMENTS PECULIAR TO WOMEN?

Name.....

Street Address.....

City..... State.....





# Lydia E. Pinkham's VEGETABLE COMPOUND

98 out of every 100  
women  
are benefited by  
Lydia E. Pinkham's  
Vegetable  
Compound



"Yes!

You and I  
can depend upon  
this reliable  
Medicine"